

## Preventing sexual violence

Natural disasters force people to leave their homes and live in new areas or housing. Many are left without friends and family; not sure about the future; have strange living conditions; have shared living spaces; feel stress and tension due to loss; and have to deal with new rules for behavior. These factors can put people at greater risk for violence, such as sexual violence.

### What is sexual violence?

Sexual violence includes a wide range of acts such as:

- Rape
- Unwanted touching of private body
- Forcing a person to have sex against his or her will
- Having sex with a person who is unable to understand what she or he is doing due to a disability, illness or being under the influence of drugs or alcohol

It can happen to anyone and it can be done by anyone such as a stranger, a neighbor, a person in charge, or a family member.

## How can I keep myself and others safe?

### Keep others safe

If you see someone who is being attacked, take action. If it is safe, get the person away from the attacker. If it not safe, get help as quickly as possible: tell a person in charge what happened and call 911.



### Keep yourself safe

Take steps for your safety. Do not be alone. Stay with someone you trust.



### Avoid drugs and alcohol

These can make it difficult for you to protect yourself.

### Find support

If you are a victim of sexual violence, talk to someone you trust.

## How can I get help?



Call the Rape Abuse and Incest National Network at 1-800-656-HOPE